



Crunchy Apple Roll-up 2 servings

Snacking can be an important part of a healthy diet. Plan and choose snacks that are full of good things our bodies need instead of snacks that are full of extra calories, sugar and fat.

½ medium apple, gently rubbed under cold running water, thinly sliced

- 1 Tablespoon peanut butter
- 1 (8 inch) whole wheat tortilla
- 2 Tablespoons crispy rice cereal



- 1. Wash hands with soap and water.
- 2. Lay tortilla on a plate.
- 3. Spread peanut butter in a thin layer over the tortilla.
- 4. Place apple slices in an even layer over peanut butter.
- 5. Sprinkle apple slices with cereal.
- 6. Roll the tortilla up and cut in half.
- 7. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (1/2 of a roll-up): Calories 140, Total Fat 6g, Saturated Fat 1.5g, Cholesterol Omg, Sodium 190mg, Total Carbohydrates 19g, Dietary Fiber 2g, Total Sugars 6g, Includes 0g Added Sugars, Protein 4g, Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 2%.

Recipe Source: This recipe is provided by Iowa State University Extension and Outreach. For more resources like this, visit the Spend Smart. Eat Smart. website at http://spendsmart.extension.iastate.edu". Spend Smart. Eat Smart. is a registered trademark of Iowa State University.







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